

SPORTS SHORTS

Personal Trainers Available

Hire a certified fitness professional who works one-on-one with you to help you achieve and exceed your fitness goal. Trainers are certified through nationally recognized organizations. In addition, trainers advise on nutrition information to enhance your fitness program. For more information, call 448-2214.

May Fitness Month Events Plan ahead

The "Fit Body, Fit Mind, Fit to Fight" Incentive program.

Use your Fitness Center punch card for 10 activities during the month of May and receive a prize. Pick up your punch card at the front desk.

Hickam's Biggest Loser

Do you have what it takes to challenge yourself and lose those pounds?

Free 30-day weight loss challenge. Prize given to biggest weight loss in percentage in pounds verses starting weight for the month of May. Participants are required to weigh in on the initial and final dates, and are responsible for providing their own safe and effective exercise regimen during the contest.

Initial weigh-in is on May 1 or 2 from 9 a.m. to 4 p.m. at the HAWC or Fitness Center. Final weigh in is on May 30 or 31 from 9 a.m. to 4 p.m. at the HAWC or Fitness Center.

Fitness 101 Open House

Fitness Center Lanai Monday, May 8 from 11 a.m. to 2 p.m.

- Running shoe information courtesy of Runner's HI, Aiea
- Gait analysis: Learn more about your running gait.
- Sports nutrition table courtesy of the HAWC.
- Controversy with supplements: Correcting misinformation courtesy of the HAWC.
- Free blood pressure analysis.
- Free body fat testing.
- Stress reduction and on-site mini massages brought to you by the HAWC and the Hickam Fitness Center.
- How to use your home fitness equipment. Demonstrations with balls, bands, and more by certified fitness trainers.

Air Force and Army, working together

By Kirsten Tacker
Kukini photojournalist

The 25th Air Support Operation Squadron out of Wheeler Army Air Field is the frontline unit of the Air Force that provides close air support to Army units.

Their job is any place they're needed to apply tactical air power in close proximity to ground forces. To get it done safely, effectively and make sure that it is coordinated properly with the Army unit. On occasion, they've also supported Special Forces and the Marines.

"Our mission is primarily focused on support to the 25th Infantry Division both with tactical air control parties and weather," said Lt. Col. Dave Wright, 25th ASOS. The weather flight's primary responsibility is two fold. To provide operational weather everyday for the helicopters at Wheeler AAF and weather forecasting for the operational planning of the 25th ID."

ASOS is different in that it is embedded within the Army and set up to mirror the structure of the Army, but they are not in mainstream Air Force.

"The way we are organized is specifically in relation to how they are organized across the street at Schofield," said Colonel Wright. "For instance I have three tactical air control party flights, one for



Courtesy photo

Staff Sgt. Cecil from 25th ASOS on an over watch position in support of 25th Infantry Division operations nearby.

each of the brigades across the street and one for the division. They are the primary coordination conduits to each of the Army units."

ASOS also has a support flight that handles supply, tactical vehicles, radio maintenance and power production. When the 25th ID deploys, so does ASOS to

the field or a forward operating base.

"One of the biggest misunderstandings we have with the Air Force personnel is they think when we deploy, we go to some Air Force location and operate out of there," said Colonel Wright.

Typically when the 25th

ID deploys ASOS sends a direct support unit depending on the size of the unit of the Army that actually deploys.

"We will provide a certain amount of bodies to cover down on all their needs," said Colonel Wright.

Since ASOS is an operation unit, almost all of their preparations are focused on training and maintaining mission combat readiness for deployment.

"We are planned to deploy in the future," said Colonel Wright. "The 25th ID is deploying and we expect to go with them."

ASOS has a significant number of tactics and procedures that they have to be knowledgeable in order to utilize operationally.

"A majority of their hands on daily training is to use equipment, radios and weapons," said Colonel Wright. "A majority of our personnel are operators, so they have a significant amount of equipment that they take with them."

ASOS currently has 23 joint terminal attack controllers and they are what Colonel Wright considers to be the heart of their tactical operations.

"JTAC are the guys that are actually qualified to control the aircraft and release

weapons from the aircraft," said Colonel Wright.

Another group of individuals called air liaison officers organize air power, which are all officers usually from flying career fields.

"The ALO major responsibility is planning and coordinating with the Army as far as employing close air support in the Army's battle plan," said Colonel Wright.

ASOS has air mobility liaison officers and their job is to assist the 25th ID on mobility inclusion of air mobility assets.

"We are one of the few ASOS remaining, that have an AMLO attached to us," said Colonel Wright. "Stateside they've gone back to air mobility command, so AMC tasks out mobility support."

Here in Hawaii it is a slightly different than the mainland, all of ASOS' administrative support does come from Hickam and they are a 15th Airlift Wing unit.

"We just happen to be up here at Wheeler AAF because of our association with the Army," concluded Colonel Wright. "As far as the 25th ASOS goes, we are a little bit unusual in that we have an Air Force base nearby. Normally there is not an Air Force base, like at Fort Benning or Fort Campbell."



Courtesy photo

Joint terminal attack controllers from the 25th ASOS, set up aerial re-supply operations in support of the 25th Infantry Division during combat operations in Afghanistan.

Airman and Family Readiness Flight May events

Readiness Assistant Volunteer (RAV)dinner

All RAVs are invited to the May 4 dinner at the Airman and Family Readiness Center from 6 to 8 p.m. Come and meet other RAVs, share ideas, and learn about resources and services that are available to you.

Money management

Learn the basics of budgeting and debt management May 16, 1 to 3 p.m. Participants should bring their LES, credit card and loan statement, and monthly utility bills to the workshop.

Transition Assistance (TA) workshop

The next TA workshop is May 9 through 11, 8 a.m. to 4 p.m. and May 12, from 8 a.m. to noon. Instructors from the Departments of Labor, Defense, and Veterans Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

Military Spouse Day

Team Hickam honors military

spouses May 11, 5 to 7 p.m. for their sacrifices and contributions to our community's well-being and mission readiness. Sign up now and share the friendship, laughter, bingo, and activities with other spouses. Please bring two canned goods (Spam, Vienna sausage, or corned beef) to benefit the local food bank.

Looking for employment in Hawaii

Explore local employment trends May 16, 9:30 to 11 a.m. and learn how to register to use the Joint

Employment Management System computerized job bank, and learn how to maximize your job search via the Internet.

Nation-wide Special Agent recruitment—FBI

An FBI special agent briefing is May 23, 1 to 3 p.m. Mr. Kal Wong, will provide information on 2006 to 2007 recruitment for special agents nationwide. Must have a 4-year college degree from an accredited institution and a resume with 2 to 3 years of investigative, and managerial work experience.

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday



Friday 7 p.m., Saturday 7 p.m.

FAILURE TO LAUNCH — (Sarah Jessica Parker, Matthew McConaughey) A thirtysomething man who still lives with his parents falls in love with the woman of his dreams and begins to suspect she has been hired by his parents as a way to get him out of the house. Rated PG-13 (sexual content, nudity, language) 97 min



Sunday 7 p.m.

V FOR VENDETTA — (Natalie Portman, Hugo Weaving) Set against the futuristic landscape of totalitarian Britain, the story of a mild-mannered young woman named Evey who is rescued from a life-and-death situation by a masked vigilante known only as "V." Incomparably charismatic and ferociously skilled in the art of combat and deception, V urges his fellow citizens to rise up against tyranny and oppression. Rated R (violence, language) 132 min



Wednesday 7 p.m., Thursday 7 p.m.

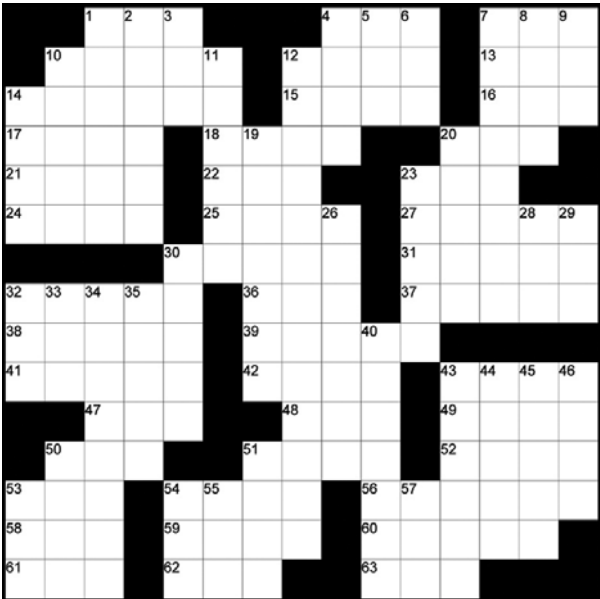
SHE'S THE MAN — (Amanda Bynes, Channing Tatum) Viola Johnson had her own good reasons for disguising herself as her twin brother Sebastian and enrolling in his place at his new boarding school. She was counting on Sebastian being AWOL from school as he tried to break into the music scene in London. What she didn't count on was falling in love with her hot roommate, Duke , who in turn only has eyes for the beautiful Olivia. Rated PG-13 (sexual material) 105 min

Crossword Puzzle: Badge of Honor

By Capt. Tony Wickman
71 Flying Training Wing
Public Affairs

ACROSS

- 1. USAF field meal
- 4. Badge with scales; awarded to 51J
- 7. AETC crest badge; awarded to 8T000 or 81T
- 10. Conjecture
- 12. Castle protector
- 13. Decor or op
- 14. Minnesota city
- 15. Historic
- 16. Less than
- 17. Mineral and baby
- 18. Chooses
- 20. Mole
- 21. Minor Prophet; son of Beerl
- 22. Judge or pay lead-in
- 23. Mil. overseas address starter
- 24. NY team
- 25. Impoverished
- 27. Mornings
- 30. Popular aquarium denizen
- 31. Body of water
- 32. Evaluate
- 36. Badge with bomb and bolts; awarded to 3E8X1 (in short)
- 37. Translucent glassy mineral
- 38. Badge with globe and eagle; awarded to 2F0X1
- 39. Similar
- 41. Motor
- 42. High time
- 43. Drains
- 47. Car ID
- 48. ____-whiz
- 49. Squadron or group
- 50. Hamper
- 51. General's helper; AFSC of 88A
- 52. Heap
- 53. Tic-__-toe
- 54. Male children
- 56. Portable computer
- 58. NORAD air sovereignty mission
- 59. Vent anger
- 60. Conspicuous success



- 61. Harris and O'Neal
- 62. Stitch
- 63. TV actress Susan

DOWN

- 1. Bad haircut?
- 2. Recycles
- 3. Langley AFB time zone (GMT-0500)
- 4. Wets
- 5. ____ alai
- 6. Badge with a tower; awarded to 1C1X1
- 7. Badge with globe being circle by spacecraft; awarded to 3U0X1
- 8. Pitt movie
- 9. USAF recreation support site
- 10. Demeanor
- 11. Ye Olde ____
- 12. Badge with a vane; awarded to 15W or 1W0X1
- 14. Perdition
- 19. Exhibiting considerable variety
- 20. Badge with globe orbiting constellations; awarded 13S or 1C6X1
- 23. Mud hut
- 26. Transmitted to HQ
- 28. Vote against
- 29. NBC comedy show
- 30. Former heavyweight boxer
- 32. Bellows or Clear sites
- 33. Litigate
- 34. Badge with globe and torch; awarded to 34M or 3M0X1
- 35. ____ & The Chipmunks
- 40. Genuflected
- 43. Badge with a globe and eagle; awarded to 2S0X1
- 44. Singer/activist Bryant
- 45. Badge with shield and wings; awarded to 11X
- 46. Staircase item
- 50. Badge with a globe and lyre; awarded to 35B or 3N1X1
- 51. From scratch
- 53. Shoe part
- 54. Badge with AF crest and eagle; awarded to 31P/3P0X1 (in short)
- 55. Lode
- 57. Gen. Chuck Yeager was one



Tech Sgt. Jonathan Bussey

624th CES

Pavements and Equipment Craftman

Your unit rocks because: The 624th Civil Engineer Squadron makes a positive impact wherever they deploy worldwide.

My job affects all of Hickam in that: As a pavements and equipment back-fill for 15th CES manning shortages; I am able to assist in the many upgrade projects to the base infrastructure as well as maintaining it.

When not at work, I spend my off duty time: Taking care of family, riding and polishing my Harley (Softtail Springer), keeping in touch with relatives in the mainland, taking courses through my employer (National Memorial Cemetery of the Pacific), listening to music, and staying on top of the “Honey-Do” list that my wife gives me.

If I could change one thing about Hickam, it would be: Well, I am old school and I have nothing too really say in this area. As time changes so do people. I accept these changes as a challenge. This gives you room to grow as an Air Force reservist and an individual becoming more versatile where ever you go.

What the supervisor has to say: The unit “Go To” man...just finds ways to get the job done! He is one of our finest NCOs. Tech. Sgt. Bussey is a valuable asset to the 624th Civil Engineer Squadron at Hickam. Wherever he deploys there is always positive feedback superseding him before he returns back to his unit. He is prior Red Horse (Ready Engineer Deploy Heavy Operations Repair Engineer) so that



explains it all. When a demand came from CENTAF to fulfill an AEF position as a Certified Crane Operator, TSgt Bussey did not hesitate to step up to the plate to fulfill the mission, which also included an extension of his tour from four to eight months. He has been coined by General Pace; Chairman of the Joint Chiefs of Staff during AEF 7/8, December 2005. He has been coined by the 380th Expeditionary Mission Support Group commander, 380th Expeditionary Aircraft Maintenance

Squadron, 380th Expeditionary Logistics Squadron, 380th Expeditionary Communications Squadron, and 380th Expeditionary Civil Engineer Squadron. He has garnered the 624th Civil Engineer and 624th Regional Support Group NCO of the Year award for 2005, and has recently been selected as PACAF Total Force Outstanding NCO of the year--Air Force Reserve, for 2005.

MSgt. Marlo T. Rivera
624th CES
Pavements and Equipment Superintendent

Students aim high



Photo by Vanessa Perez

More than 800 students and staff from Waimalu Elementary school had the opportunity to view static displays of Hickam’s aircraft during a recent base tour.

Team Hickam History

The Air Force’s most historic airfield

April 28, 1953 - Thirty-five American soldiers arrived at Hickam AFB en route to the mainland from Korea after their release from Communist captivity as prisoners of war; on 30 April, a second group arrived, followed in May by five more “Freedom Airlift” flights. On each occasion, the POW returnees were greeted by dignitaries, presented with leis, and entertained by hula dancers.

May 1, 1919 - The Army Flying Field on Ford Island in Pearl Harbor was designated as Luke Field, in honor of one of America’s outstanding air aces of World War I and the only

aviator to win the coveted Congressional Medal of Honor during WWI. Later, upon inactivation of Luke Field and activation of Hickam Field in 1938, the name “Luke” was transferred to an air base near Phoenix, Arizona.

May 1, 1959 - A 2,000-pound household goods weight limitation was imposed on all USAF personnel proceeding to the Hawaiian area; consequently, a quarters furnishing program was implemented by PACAFBASECOM, using funds allocated by HQ PACAF to requisition furniture, carpeting, and appliances through the General

Services Administration.

May 4, 1960 - A groundbreaking ceremony for the Hawaii Air National Guard fighter complex was held in the Hickam Harbor-Fort Kamehameha area, with Brig Gen Chickering, PACAFBASECOM Commander, as the keynote speaker. In attendance were Lt Governor James Kealoha of Hawaii and other dignitaries. Following the ceremony, the contractor began work immediately on the \$1,847,000 project, which included a new parking apron, maintenance hangar, annex for administration and supply, roads, and utilities.



Fitness and sports Center

Basic training class is scheduled Mondays, Wednesdays and Fridays from 7 to 8 a.m. The class is a freestyle format which includes various aerobic and straight conditioning moves. The class is open to the public, however, active duty have priority.



America's Armed Forces Kids Run

Registration for this event is Monday to May 19. The Kids Run is May 20 at 8 .m.

and is held at Aloha Aina Park, next to Wright Brother's Café. Applications are available at Kidsports, the school age center, the community center or on-line at www.americanskidsrun.org. For more information, call the school age center at 448-2319 or 448-4396.

Fit Factor

Fit Factor is a web-based program that encourages physical activity, healthy eating selections and rewards youth between the ages of 9 to 18 years old for their efforts. Visit the community center, bldg. 1859 to enroll. Add points for Fit Factor activities online at www.afgetfit.com on the "My Points" page. For more information, call Kids Sports at 448-8026.

Annual 54-Hole Hickam Invitational

The Annual 54-Hole Hickam Invitation Golf tournament is May 5 to 7. The entry fee is \$145. The format for the tournament is stroke play. Entry deadline is April

21 or until the field is full. For more information, call 448-2318.



Learn to scuba dive and swim

Throw pool parties and have fun shaping up in this water fitness course. Sessions



are either 9:30 a.m. to 12:30 p.m. or 1:30 to 4:30 p.m. A swim test will be given the first day of class.

Summer registration is available now at Hickam Harbor. For more information call Outdoor Recreation at 449-5215.

Youth ocean adventure

This program costs \$170 and is designed for children ages 10 to 18. Youth learn to sail, kayak, surf and wind-surf; water safety instruction is also provided.

Classes are June 12 to 23, July 10 to 21 and July 24 to August 4.



31st Annual Hickam Spring Craft Fair

This year's fair is May 6 from 9 a.m. to 3 p.m. Get ready to participate in one of the biggest craft fairs on the island. Registration begins

Saturday at 8 a.m. and ends May 5. A 15ft x 15ft space is \$65. Share the space with another participant and split the cost of \$85.

All work must be handmade by the seller. For the mail-in application call the arts and craft center at 449-1568 extension 101.



Dinner & Theater

The event is May 13 at Richardson Theater, Fort Shafter. The cost is \$50 per person includes a three-course dinner at the Officers' Club, intermission wine and dessert, transportation to and from the production and admission.

Call 448-4608 extension 15 for reservations.

Zen meditation

Free Zen meditation workshop will be offered April 29,

from 10:30 to 11:30 a.m. Come to the community center for this free workshop to include Zazen and Chi development sessions.

Participants are encouraged to wear comfortable clothing and bring towels or an exercise mat. For more information, call 449-3354.

Hickam Library

April is National Library Month. Hickam Library offers free access to nearly 70 databases, for example, Student and Homework Reference, History, Biography and Literature and Business and Law.

Go to the library in person or visit online at www.AccessMyLibrary.com. For more information, call 449 - 8299.



SOLUTIONS, From B2

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CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT

Nelles Chapel
Sunday Contemporary
Service 8:30 a.m.
Sunday Gospel Worship
11:15 a.m.
Sunday Praise Gathering
5:30 p.m.
Chapel Center
Sunday Traditional
8:30 a.m.

JEWISH

Aloha Jewish Chapel,
Pearl Harbor
473-0050
Jewish Lay Leader
Mr. David Bender
527-5877
Naval Station Chapel
473-3971

CATHOLIC

Nelles Chapel
Weekday Mass
11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Mass 5 p.m.
Chapel Center
Sunday Mass 10 a.m.

ISLAMIC

Friday Congregational
Service
(1935 Aleo Place,
Punahou)
1 p.m.
Muslim Association
of Hawaii
947-6263

BUDDHIST

Honpa Hongwanji Hawaii
Betsuin A Shin
Buddhist Temple
536-7044

ORTHODOX

For more information,
call 438-6687

May Fitness Month Events

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Monday through May 31, use your Fitness Center punch card for 10 activities during the month of May and receive a prize. Pick up your punch card at the front desk.

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Final weigh-in is May 30 and 31, from 9 a.m. to 4 p.m. at the HAWC or Fitness Center.

Yoga by the Sea

Held Monday May 1, 8, 15 and 22, from 11:30 a.m. at Foster’s Point. Please bring water. Free to ID card holders.

Yoga 101 – The Foundations of Yoga

Join us for a free educational workshop on **Wednesday**, from 5:30 to 7:30 p.m. Learn proper use of props (blankets, straps and blocks), yoga etiquette, modifications for poses, more.

Aerobics & Fitness Association of America (AFAA) Fitness Certification/Workshops

May 5, 9 a.m. to 6 p.m. Injury Prevention & Exercise Progression, cost \$99.

May 6, 9 a.m. to 6 p.m. Primary Group Fitness Certification, cost \$229.

May 7, 9 a.m. to 6 p.m. Practical Pilates Workshop, cost \$99.

“Bikini Slimmin” Spinathon

Summer’s here! Slim those waist lines and get fit. Free to ID card holders, **May 6**, from 8 to 10 a.m.

“Fitness 101” Open House

May 8, from 11 a.m. to 2 p.m., at the Fitness Center Lanai.

- Running shoe information courtesy of Runner’s Hawaii, Aiea
- Gait Analysis: learn more about your running gait
- Sports nutrition table courtesy of the HAWC
- Controversy with supplements: correcting misinformation
- Free blood pressure analysis
- Free body fat testing
- Stress reduction and on-site mini massages: brought to you by the HAWC & the Hickam Fitness Center
- How to use your home fitness equipment - demonstrations with balls, bands, and more by certified fitness trainers

AFAA Fitness Certification/Workshops

May 19, 9 a.m. to 6 p.m. Step Aerobics skills and choreography, cost \$99.

May 20, 9 a.m. to 6 p.m. Step Aerobics certification, cost \$199.

May 21, 9 a.m. to 6 p.m. Resistance Training, the class format, cost \$99. Call 1-877-your-body to register today.

Hickam Sun n’ Fun Duathlon

5-km run, 25-km bike, and 5-km run. Individuals and teams welcome. **May 20**, 7 a.m., \$25 entry fee. Must be registered by May 18.

Sand Blastin’ Beach Volleyball

May 25, at 10 a.m. Teams must register by Tuesday, May 23 and be co-ed with four people.

“Bikini Slimming II” Aerobathon

It’s round two! Join us for a great work out before you head out to the beach. **May 29**, 9:30 a.m. to noon.

